



PRACTICAL SESSION – 11

Preparation of -

CHAPPATI

MASALA DAL

CAULIFLOWER AND PEAS CURRY

JALLEBI

Objective:- After the practical session students should be able to prepare CHAPPATI, MASALA DAL, CAULIFLOWER AND PEAS CURRY & JALLEBI

Instructor's Activity:-

Arrange for demonstration of CHAPPATI, MASALA DAL, CAULIFLOWER AND PEAS CURRY & JALLEBI

CHAPPATIS

| INGREDEINTS | QUANTITY |
|-------------|----------|
| WHEAT FLOUR | 300 g |
| SALT | 5 g |
| Ghee | 20 ml |

METHOD

- Sieve flour
- Add salt and sufficient water to make a stiff dough
- Cover with a damp cloth and rest for 1 hour
- Knead well and divide into equal size small balls
- Roll out into 6" inches in diameter



- Bake well on both sides onto hot griddle
- Pillow it to puff up. Remove
- Smear with hot ghee and serve immediately

MASALA DAL

| INGRDIENTS | QUANTITY |
|-----------------------------|----------|
| TUVAR DAL | 150 g |
| GINGER & GREEN CHILLY PASTE | 5 g |
| TURMERIC | 5 g |
| DHANNA JEERA PWD | 5 g |
| COCUM | 15 g |
| JAGGERY | 25 g |
| RED CHILLY POWDER | 5 g |
| GROUNDNUTS | 10 g |
| DRY DATES | 4 |
| GREEN CORRIANDER | ¼ bunch |
| TEMPERING | |
| OIL | 30 ml |
| MUSTARD | 3 g |
| CURRY LEAVES | 5 |
| WHOLE RED CHILLY | 4 |
| HING | A PINCH |



Method:

- Pick, wash and boil the dal with sufficient water.
- Add green chillies and ginger paste turmeric, jeera powder, red chilly powder and salt.
- When cooked mix and churn well till blended with but fairly thin .
- Add groundnut, dry dates, jiggery and cocum and boil further for ½ hour.
- Temper with mustard ,curry leaves ,red chilly and hing.
- Serve hot garnished with chopped green coriander leaves.

Cauliflower and Peas Curry

| Ingredients | Quantity |
|------------------|--------------|
| Cauliflowers | 225 g |
| Peas | 225 g |
| Onions | 30 g |
| Chilli powder | 1 tsp |
| Coriander powder | 1 tsp |
| Turmeric | ½ tsp |
| Tomatoes | 115 g |
| Salt | To taste |
| Fat | 30 g |
| Coriander leaves | A few sprigs |

Method

1. Cut cauliflower into small pieces.
2. Chop onion. Heat fat in a pan add onions and cook for few minutes add chilli powder, coriander powder and turmeric cook for few minutes.



3. Add chopped tomatoes and green peas and cauliflower.
4. Add salt and some water, cover and cook on slow fire till the cauliflower is cooked.
5. Remove and garnish with chopped green coriander.

JALLEBI

| INGREDEINTS | QUANTITY |
|-------------------|----------|
| REFINED FLOUR | 100 g |
| BENGAL GRAM FLOUR | 20 g |
| OIL | 20 ml |
| CURD | 20 g |
| SUGAR | 200 g |
| COLORING | 5 g |
| OIL TO FRY | 500 ml |
| SALT | A pinch |

METHOD

- Sieve flour and Bengal gram flour
- Warm the oil and beat curds
- Add to the flour to form a thick batter and keep aside for about 24 hours to ferment (add colouring as desired)
- Prepare a sugar syrup of one string consistency
- Heat oil in a “ jallebi kadai “
- Beat batter once and adjust consistency
- Pour batter through a bottle or with a cloth into hot oil to form a spiral design
- Fry on both sides till crisp but not brown and drain well.
- Put into sugar syrup and let it soak for 2-3 min
- Remove and serve hot.